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Why Am I Always So Tired?: Discover How Correcting Your Body's Copper Imbalance Can * Keep Your Body From Giving Out Before Your Mind Does *Free You ... Energy Breakthrough You've Been Looking For

By Ann Louise Gittleman



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"This may well be a seminal book--a courageous eye-opener that could fundamentally alter our approach to the treatment of chronic fatigue."

-- From the foreword by Michael Rosenbaum, M.D.

Answering the question on the minds of 75 percent of Americans, *Why Am I Always So Tired?*, leading nutritionist Ann Louise Gittleman shows us how we can be more alert and active by eliminating excess copper in our diets and increasing our zinc intake. The time-tested formula points out which culprits steal energy from us--namely trendy, low-fat diets--that make otherwise healthy people feel drained.

This revolutionary book offers Gittleman's insights into how we can modify our diets and lifestyles to increase our energy and prevail over the chronic fatigue that plagues us with symptoms such as: anxiety, insomnia, skin problems, frequent colds, and roller-coaster emotions. Using her research and breakthrough findings, Gittleman helps us eliminate these problems and access the energy we didn't know we had.



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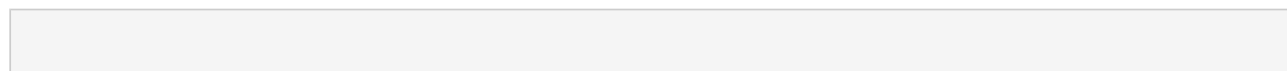
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Editorial Review

Amazon.com Review

Copper overload is an insidious but increasingly common nutritional problem, says Ann Louise Gittleman, author of the bestselling *Beyond Pritikin*. She says that difficulty getting out of bed, midday slumps, mood swings, insomnia, and anxiety may be symptoms of a copper/zinc imbalance. She discovered this link after she encountered several patients in her nutritional practice--most of them women--who were not suffering from hypothyroidism, adrenal problems, or anemia (as she had suspected), but rather a mineral imbalance that was diagnosed after simple hair testing.

Vegetarian diets, low-fat diets, and taking multivitamins--all ostensibly healthy moves--can make you more susceptible to copper overload. So do less-healthy activities, including drinking alcohol and coffee, taking cortisone, and being constantly stressed. (These activities sap the body of zinc, says Gittleman, jeopardizing the delicate zinc/copper homeostasis in the body.) Home tap water may also be overloaded with copper, and women are susceptible to absorbing copper from intrauterine devices.

To remedy the overload, Gittleman outlines an easy plan for renewing health and increasing energy. She includes a questionnaire to help determine if copper overload may be a problem for you; gives resources for hair analysis in case your doctor doesn't have one; instructs on how to read a tissue-analysis report; and outlines a sensible diet plan, including menus to keep the zinc/copper balance in check.

Up to 80 percent of the general population complains about fatigue; Gittleman's book may very well offer a simple solution for thousands of people. --*Erica Jorgensen*

Review

"Ann Louise Gittleman's ground breaking new book on copper toxicity is a blessing. In it she openly exposes what we know to be one of the biggest causes of fatigue we have seen in our work with over a thousand patients. Our own extensive research and experience confirms what she has written about so cogently. Perhaps this enormous hidden epidemic will finally be exposed so that those who suffer will have some answers and more importantly, solutions. Give a copy of this book to your physician!" -- *David Vaughan, NC, DHom; and Ralph Wood Wilson, ND*

"Anne Louise Gittleman has written a new book on chronic fatigue and constant tiredness from the perspective of an overload of copper in the body's cells and tissues. I can't imagine me working as a clinical psychologist without having this type of perspective on the role of copper overload in so many psychological problems today. The copper overload problem is at epidemic proportions contributing to a host of physical and psychological problems. Depression, panic disorder, obsessive-compulsive disorder and ADD are just a few of the psychological problems associated with copper overload." -- *Richard Malter, Ph.D., Clinical Psychologist and Nutrition Counselor, Bloomingdale Counseling Services, Bloomingdale, IL*

"Copper is an essential mineral and is required for normal health. However, in excess its presence in biological systems can become detrimental as illustrated by Bertrand's Law of optimal nutritive concentration of an essential trace element. Conditions associated with copper deficiency are well known,

although other than inborn errors of metabolism such as Wilson's Disease, the effects of copper excess are not widely recognized. Ann Louise Gittleman's book is probably the first to deal with the subject of copper excess in the American population. A condition that is becoming more prevalent in each generation but clinically unrecognized until now." -- *David L. Watts, D.C., Ph.D., C.C.N., D.A.C.B.N., F.A.C.E.P., F.I.A.A.C.N.*

About the Author

Ann Louise Gittleman is an award-winning author of thirty books and a highly respected health pioneer. She has appeared on *20/20*, *Dr. Phil*, *The View*, *Good Morning America*, *Extra!*, *Good Day New York*, CNN, PBS, CBS, NBC, MSNBC, CBN, FOX News, and the BBC. Her work has been featured in national publications including *Time*; *Newsweek*; *Harper's Bazaar*; *O, The Oprah Magazine*; *Seventeen*; *Fitness*; *Cosmopolitan*; *Parade*; *USA Weekend*; *Woman's World*; the *New York Times*; and the *Los Angeles Times*. Gittleman has been recognized as one of the top ten nutritionists in the country by *Self* magazine and has received the American Medical Writers Association award for excellence.

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